



Eliminating Emotional Wounds

Healing your emotional wounds is one of the main things to do in order to start feeling safe in social situations. This is because these emotional wounds (S.E.E.'s) are the building blocks of your negative limiting beliefs. And once you no longer have these negative limiting beliefs that cause your subconscious to perceive danger in social situations, it won't fire off the FFF-response that causes the anxiety.

With each emotional wound you heal you eliminate a building block of a negative limiting belief. Each S.E.E. you heal, you get closer to eliminating the perception of danger in social situations, each trauma you overcome you get one step closer to being anxiety-free.

By eliminating the negative emotions from these painful memories you are literally healing old emotional wounds so they no longer can get "poked into" by day to day situations.

Plus, there's a massive added benefit to healing your emotional wounds. You're gaining emotional control. Each S.E.E. you heal you're a bit stronger and feel a bit more safe.

Gaining Emotional Control

The negative emotions trapped in life's (mini-) traumas (S.E.E.'s) get triggered by situations in day to day life. When this happens we respond with *excessive* negative emotion to normal day-to-day situations.

For example, when you've experienced a lot of rejection in your early life you're overly sensitive to rejection. Negative emotions from S.E.E.'s where you got rejected get triggered by everyday situations. Once this happens, you feel excessive negative emotion.

When you've been left alone a lot in your early life, you're overly sensitive to feeling lonely. Negative emotions from S.E.E.'s where you were left alone get triggered by everyday situations, and you feel intense loneliness.

When you've experienced a lot of verbal abuse, you're overly sensitive to it. Negative emotions from S.E.E.'s where you were verbally abused get triggered by everyday situations and you end up experiencing the pain from back then in the here and now.

Let's look at an example.

Say that you experienced a lot of rejection in your early life and you reach out to a friend who doesn't instantly get back to you.

If you didn't experience rejection in your early life you don't feel rejected by this. You probably rationalise "he's probably busy, or forgot to get back to me, or will get back to me later". It doesn't get you upset.

When you *did* experience a a lot of rejection, it's a totally different story.

You reach out and he doesn't get back to you. The feeling of rejection from earlier memories gets triggered. You feel an excessively strong feeling of rejection.

From this feeling of rejection, you start to think all these irrational thoughts. The longer it takes for the person to respond the more your mind starts making up ridiculous ideas about why the person is not responding.

Why hasn't he got back to me?

Mmm, strange he should've responded by now.

He's probably busy

He might be just occupied, right?

He should have responded by now

Did I do something wrong?

Let me recheck the message I've sent

Does he not like me anymore?

Did someone say something bad about me?

He probably doesn't like me anymore

If he liked me he would've responded to me by now

He probably never liked me to begin with!

When this happens, it's very challenging to shake the feeling of rejection. There are 3 immediate steps to take to empower yourself in the moment. See them explained below.

Three Immediate Steps To Take When You Get Triggered

Write the below down, print it out, or commit it to memory.

STEP #1. Realise you got triggered. There is nothing wrong with you, negative emotions from old wounds got triggered and you end up with excessive negative emotion.

STEP #2. Celebrate that you got triggered! As you uncover and heal the emotional wound you strengthen yourself for the rest of your life.

STEP #3. Choose the direction of your thinking. Choose more realistic thoughts, rather than spiral downwards with irrational thinking.

Once you have taken these 3 immediate steps, take the 4th essential step: heal the trauma that got triggered. Either find a place of privacy right in the moment, uncover the emotional wound (find the S.E.E. that got triggered) and heal it.

Or, in case you can't do it right then and there, simply write down what happened and heal the wound later on when you have privacy.

Instructions To Heal Emotional Wounds:

I ask clients certain questions in a certain order to help them uncover the S.E.E.'s to treat with EFT.

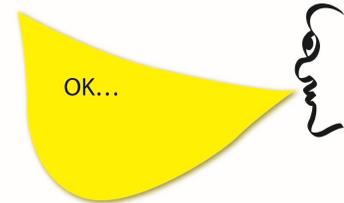
I have recreated the way I ask clients questions that uncover their S.E.E.'s using the simple images you see below. Have a look at the images and have a look at the process.

Once you have read over them once and you understand the process, you can then either use the images to guide you, or you can use the audio called “**Uncovering Triggers Questions**” where I ask the questions to you.

#1



Think of a social situation that you usually feel really anxious in. Imagine being in that social situation right now. Not in the past, not in the future, imagine being in it right now. See what you would see happening around you, hear what you would hear, and notice the anxiety you feel. Make it as real as you possibly can, knowing you don't have to do this perfect.

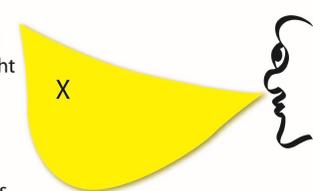


#2



Now as you imagine being in that social situation right now and you feel that anxiety... What do you fear happening most? What is the absolute worst case scenario that you're afraid might happen?

- ◆ getting rejected
- ◆ being disapproved off
- ◆ getting into an argument
- ◆ getting into a conflict/fight
- ◆ being ridiculed
- ◆ being laughed at
- ◆ being ignored
- ◆ becoming embarrassed
- ◆ people seeing me anxious
- ◆ people seeing me blush
- ◆ -fill in the scenario you fear most-



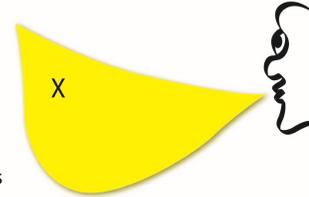
NOTE: I ask you to tune into the thing that you fear the most because that is the thing you're trying to avoid the hardest, this is the emotional pain your subconscious mind believes it needs to protect you from. It believes social situations are dangerous because of these painful situations you might experience. We're focusing in on the pain you're trying to avoid, so that we can trace that pain back to the roots (S.E.E.'s) and then release it with tapping.

#3



When you imagine that happening right now, you are experiencing this worst case scenario right now... See what you would see happening around you, hear what you would hear. Make it as real as you possibly can, knowing you don't have to do this perfect. How do you feel? What is the strongest negative emotion that you feel?

- ◆ embarrassed
- ◆ humiliated
- ◆ ashamed
- ◆ afraid
- ◆ panicked
- ◆ terrified
- ◆ angry
- ◆ self-conscious
- ◆ weak
- ◆ -fill in the negative emotion you experience-



NOTE: Here we're getting more specific as to what it really is that you're afraid of happening.

#4



Where do you feel that in your body and how intense is it on a 0-10 scale?

- ◆ stomach
- ◆ solar plexus
- ◆ chest
- ◆ face
- ◆ arms
- ◆ head
- ◆ heart
- ◆ all over my body
- ◆ -fill in where you feel it in your body-



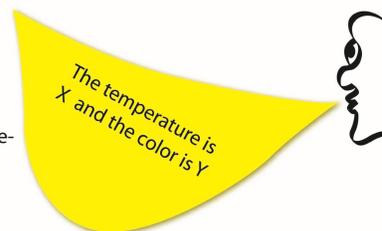
NOTE: We tune in even more to help you become super focused on exactly what the emotion is and we rate it so we can track later (after you've healed the uncovered S.E.E.) how much of that negative emotion is left.

#5



And if it has a temperature, what temperature is it? And if it has a color, what color is it?

- ◆ hot
- ◆ cold
- ◆ warm
- ◆ freezing
- ◆ -fill in the temperature-
- ◆ blue
- ◆ red
- ◆ black
- ◆ -fill in the color-

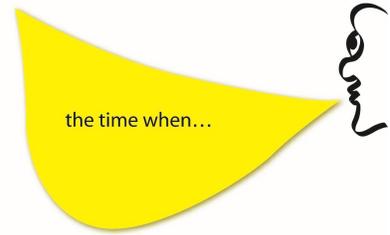


NOTE: Here we again are getting more specific so your subconscious really knows what it is you're targeting.

#6



Now as you're tuned into that emotion that you feel in your body when you imagine that worst case scenario happening right now... When is the earliest time you can remember feeling that way? (go with the first thing that come to mind)



NOTE: Here you are looking for a past negative life experience (S.E.E. or negative memory) or a period in your life of repetitive negative experiences (such as having been bullied).

It is important here to be easy about this, and to simply go with the first thing that comes to mind. Your subconscious may give you more than one thing that comes to mind, and it may even give you several things that come to mind. But there is always a first thing that comes to mind. And that is what your subconscious is giving you as the answer.

Don't judge the answer, or analyse it to death, or compare it with all the other answers.

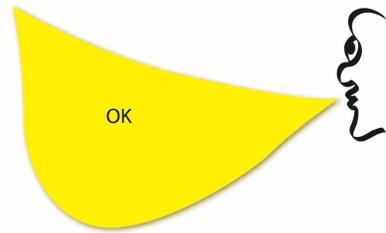
You're tuned into the emotion that is painful, and you ask your mind for the earliest time that you can remember feeling that way. Your subconscious will bring to mind a memory, or an image, or a face, or a brief flash of something. And it is your job to trust the first thing that comes up and take that as the answer of the subconscious.

Now it may or it may not be the first time that you actually felt that way. You may have felt it before. But your subconscious gives you that memory as the first image, so you should simply treat that S.E.E. or bundle of memories as the answer.

#7



Great, now use the EFT tapping technique to neutralize this memory completely. Get all the negative emotions out of it, and change the memory into something positive



Only Continue To Picture #8 Once You Have Successfully Changed The Negative Memory Into A Positive Memory

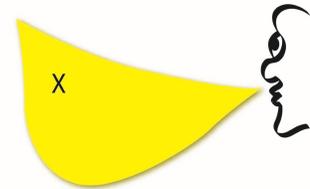
NOTE: Once you have found your S.E.E., or maybe bundle of repetitive similar experiences, use the steps you have learned to neutralise the S.E.E.

#8



Good job. Now imagine that same worst case scenario happening again. See what you would see happening around you, hear what you would hear. Make it as real as you possibly can, knowing you don't have to do this perfect. How do you feel now? What is the strongest negative emotion that you feel?

- ◆ embarrassed
- ◆ humiliated
- ◆ ashamed
- ◆ afraid
- ◆ panicked
- ◆ terrified
- ◆ angry
- ◆ self-conscious
- ◆ weak
- ◆ -fill in the negative emotion you experience



What you will likely notice is that the negative emotion that you feel when you imagine this worst case scenario happening is less intense. Or maybe it's even gone. This is what's supposed to happen! This is exactly what we're aiming for. By changing the negative memory you found to a positive one, you either have destroyed part of the resources, or all of the resources your subconscious mind used for producing that negative emotion when imagining that worst case scenario.

When you imagine the worst case scenario happening now, and there is still negative emotion, then go back to picture #4 and follow along there. Keep repeating this -finding and changing negative memories into positive ones- until you can no longer feel any negative emotion anymore when imagining the worst case scenario.

Once you have achieved this, go to picture #9 below:

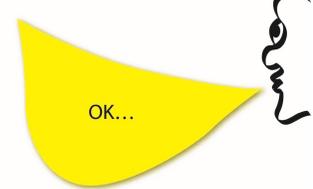
NOTE: What you're doing here is you're imagining the same exact situation again and you check to see what progress you've made. The excessive negative emotion you feel is locked inside a couple of S.E.E.'s. When you neutralise a few key negative memories where you felt rejection the overall feeling of rejection disappears.

Also, there isn't always a need to change the memory from negative to positive. See it as a bonus to do that, rather than a necessity.

#9



Think of another social situation that you usually feel really anxious in. Imagine being in that social situation right now. Not in the past, not in the future, imagine being in it right now. See what you would see happening around you, hear what you would hear, and notice if you still feel anxiety. Make it as real as you possibly can, knowing you don't have to do this perfect.



When you no longer feel any anxiety, you are done with this exercise
When you still feel anxiety, move onto picture #10

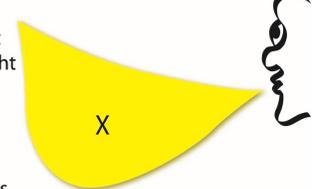
NOTE: What you're doing here is you're checking to see if -when imagining *other* social situations- you have other negative painful emotions that you're still afraid of experiencing.

#10



Now as you imagine being in that social situation right now and you feel that anxiety... What do you fear happening most now? What is the absolute worst case scenario that you're afraid might happen this time?

- ◆ getting rejected
- ◆ being disapproved of
- ◆ getting into an argument
- ◆ getting into a conflict/fight
- ◆ being ridiculed
- ◆ being laughed at
- ◆ being ignored
- ◆ becoming embarrassed
- ◆ people seeing me anxious
- ◆ people seeing me blush
- ◆ -fill in the scenario you fear most-



From here go back to picture #3 and follow along the steps there

Once you can't bring up any negative emotions anymore when imagining the worst case scenario, or if you have already cleared more than 15 S.E.E.'s, move on to the next exercise.

NOTE: When you can no longer feel the emotional pain you've been trying to avoid, you can then start releasing the fear of those painful experiences, which you do in the following steps of the SCS.

You have eliminated the emotional pain that you're afraid of experiencing, and since that emotional pain is gone, you no longer need the fear of the pain anymore.